

FOREIGN OBJECTS IN THE RECTUM

Arizona Department of Corrections
Health Services Bureau

Inmate Wellness Program
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Having foreign objects inside a body cavity can be a hazardous and potentially life-threatening situation. In this Information Sheet, we will review the dangers of foreign objects in the rectum. The rectum is the last portion of the large intestine that leads to the anus below.

Foreign objects can be forced up into the rectum by a common process known as **keistering**.

Additionally, rectal foreign bodies may come from ingestion of an object. Oral ingestion can also cause complications throughout the entire digestive system.

What are some of the dangers?

- Rectal pain or cramping.
- Rectal bleeding.
- Overdose and death (if keistering drugs).
- Hemorrhoids (swollen veins which can cause bleeding and/or pain).
- Risk of diseases (such as hepatitis).
- Colon injury due to bowel obstruction or puncturing of the colon if a sharp object is inserted. Colon damage can result in having a **colostomy**.
- Puncturing the colon can also cause severe loss of blood or shock, significant fecal spillage, and/or severe infection. If not treated, this can lead to death.

What is a colostomy?

A colostomy is a type of surgery in which the doctor will pull out the large intestine (colon) through an opening made in your abdomen (stomach area).

Your bowel movements (feces) then pass out of your body through this opening instead of coming out naturally through your rectum. The feces is then collected in a bag that hangs outside of the body.

What happens during a colostomy?

You are given drugs that will relax you and make you fall asleep. The doctor will make an opening through your abdomen into your intestine. The doctor severs your intestine and attaches the loose end to the new opening in your abdomen. A bag is then attached to the opening to collect future bowel movements.

Closing Thoughts

Remember, having foreign objects in your rectum can be dangerous and may cause permanent damage or death.

Avoid keistering to protect not only your health, but also your life.

